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PCT/IB2004/051814

## CLAIMS:

1. A system (100) for sportcare monitoring of a person, the system comprising:  
a set-top-box (102) operatively connected to at least one of a television display (104) and speaker (106), the set-top-box (102) being further operatively connected to a first network (110);  
one or more wireless sensors (108) for measuring one or more vital signs of the person and transmitting the same to the set-top-box (102), the one or more wireless sensors (108) being wirelessly connected to the set-top-box (102).
2. The system of claim 1, further comprising communication means (112) for operatively connecting a remote station (124) to the set-top-box (102) through the first network (110), wherein the one or more vital signs are transmitted from the set-top-box (102) to the remote station (124) via the first network (110).
3. The system of claim 1, wherein the first network is the Internet (110).
4. The system of claim 2, wherein the remote station is a location of a health club (124).
5. The system of claim 2, further comprising at least one sports equipment (128) operatively connected to the set-top-box (102) via the remote station (124) for transmitting performance characteristics from the at least one sports equipment (128) to the set-top-box (102).
6. The system of claim 5, wherein the set-top-box (102) further having a memory (116) for storing the transmitted performance characteristics.
7. The system of claim 5, wherein the communication means (112) further transmits the performance characteristics to the remote station (124) through the first network (110).
8. The system of claim 1, wherein the set-top-box (102) having means (112) for contacting a medical professional through a second network (114).
9. The system of claim 8, wherein the second network is a telephone network (114).
10. The system of claim 2, further comprising a first video camera (130) operatively connected to the set-top-box (102) for transmitting a video signal of the person to the remote station (124).

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11. The system of claim 10, further comprising a second video camera (132) operatively connected to the remote station (124) for transmitting a video signal of one or more individuals at the remote station (124) to the set-top-box (102) for display on the television display (104).

12. A method for sportcare monitoring of a person, the method comprising:

operatively connecting a set-top-box (102) to at least one of a television display (104), a speaker (106), a first network (110), a remote station (124), and one or more wireless sensors (108);

measuring one or more vital signs of the person with the one or more wireless sensors (108);

wirelessly transmitting the one or more vital signs from the one or more wireless sensors (108) to the set-top-box (102);

operatively connecting the remote station (124) to the set-top-box (102) through the first network (110); and

transmitting the one or more vital signs from the set-top-box (102) to the remote station (124) via the first network (110).

13. The method of claim 12, further comprising:

operatively connecting at least one sports equipment (128) to the set-top-box (102) via the remote station (124); and

transmitting performance characteristics from the at least one sports equipment (128) to the set-top-box (102).

14. The method of claim 13, further comprising storing the transmitted performance characteristics in a memory (116) operatively connected to the set-top-box (102).

15. The method of claim 13, further comprising transmitting the performance characteristics to the remote station (124) through the first network (110).

16. The method of claim 12, further comprising contacting a medical professional through a second network (114) from the set-top-box (102).

17. The method of claim 12, further comprising transmitting a video signal of the person to the remote station (124) from a first video camera (130) operatively connected to the set-top-box (102).

18. The method of claim 17, further comprising transmitting a video signal of one or more individuals at the remote station (124) from a second video camera (132) operatively connected to the remote station (124) to the set-top-box (102) for display on the television display (104).

19. The method of claim 12, further comprising coaching the person from the remote station (124) on at least one of the television display (104) and speaker (106) based at least in part on the transmitted at least one vital signs.

20. The method of claim 13, further comprising coaching the person from the remote station (124) on at least one of the television display (104) and speaker (106) based at least in part on the transmitted performance characteristics.

21. The method of claim 12, further comprising displaying at least one of a performance of another exercising person or a performance characteristic of the another person on the television display (104) such that the person can compete with the performance of the another person.

22. The method of claim 12, further comprising displaying a performance characteristic of the person on the television display (104).